

If you care for your brain



sleep for 8 hours



If you care for your eyes



massage your feet with oil before going to bed

If you care for your stomach



Avoid cold food



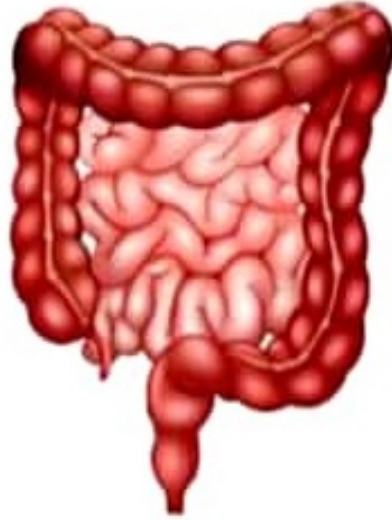
If you care for your liver



Avoid excessive fatty food



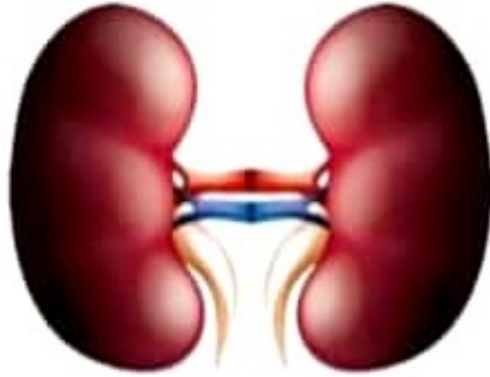
If you care for your kidney



replace junk food
with vegetables



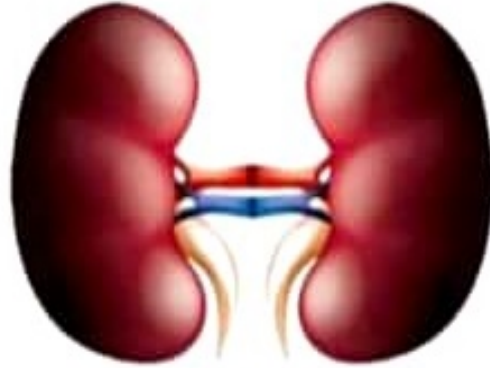
If you care for your kidney



Drink a lot of water during day



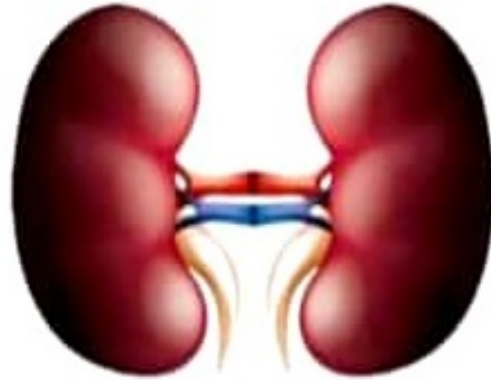
If you care for your kidney



Drink less water during night



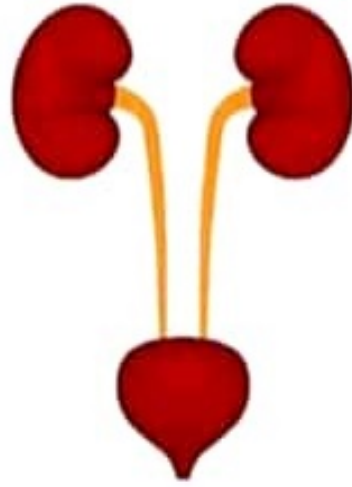
If you care for your kidney



Empty your bladder before going to bed



If you care for your urinary tract



use raw onion regularly



If you care for your menstruation



use green peas regularly



If you care for your appendix



use lemon juice frequently



If you care for your throat



use pepper frequently



If you care for your lungs



avoid smoking



If you care for your mouth



gargle frequently with gingelly



If you care for your nose



eat mint regularly



If you care for your heart



avoid excess salt



if you care for yours family
and others spread this
awesome information

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